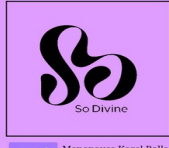


Menopause Kegel Balls

Helping women stay young.

So Divine Kegel System

Doctor recommended for women. Uses include: pelvic floor exercises, stomach toning, symptoms, bladder control and better sex drive, menopause. So Divine are embracing menopause, more at https://so-divine.com/So-Divine-GenM-Partner.

Waterproof for Using in Shower
→ 100% waterproof
→ seamless silicone structure
→ no attack points for germs
→ easy care and cleaning

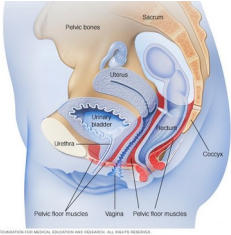
Our beginner weights for vaginal kegel exercise for women are waterproof and made from food grade silicone and are FDA certified. They are great for kegel exercises which will cause pelvic floor muscle tightening.

This kegel exercise kit for women is a quick, easy-to-use, and surgery-free way to tackle some of life's more embarrassing problems.

Fast results that you can see and feel!

What are kegel weights used for?

Kegel weights, have been used for centuries to strengthen vaginal and pelvic floor muscles. The balls come in a variety of weights and sizes to help you contract and release different muscles with ease.



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But kegel weights do more than just whip your pelvic floor into shape. They're just as well known for enhancing sexual pleasure. So much so that they're also called orgasm balls, Venus balls, jiggle balls, geisha balls, love balls, and pleasure balls.

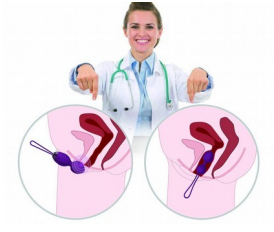
Thanks to shout-outs on "Broad City" and "50 Shades", kegel weights have seen a resurgence in popularity as more people begin to explore their many wonderful health and intimate uses.

We'll walk you through how to get the best out of these weights in the comfort of your own home.

Getting on with your kegels

1: Wash your hands and your kegels with soap and warm water and dry with a towel.

2: Rub a water based lubricant on your kegels.



3: Get yourself into a comfortable position. Try sitting, kneeling next to a bed, on all fours or even in the shower.

4: Slowly and steadily push your kegel into your vagina as far as you're comfortable with, ensuring the loop stays outside.

5: Tighten your pelvic floor muscles to keep your kegel inside.

Your kegel should feel secure inside your vagina. If you feel like your kegel is about to fall out, gently squeeze your pelvic floor muscles or gently push it a little deeper.

How you feel with your kegel inside varies from person to person, but it's generally a subtle, tingly sensation usually intensifying with movement.

For pelvic floor

Once you're comfortable with your kegel weights, you can run through these exercises:

Level 1: Start by inserting just one weight 44g for 30 minutes per day. 1-2 weeks.

Level 2: As your muscles get used to the sensation of a single kegel weight, you can experiment with the vibrating kegel weight 57g for 30 minutes per day. 2-3 weeks.

Doctor recommended
These the most effective vaginal weights and pelvic floor exerciser ,
30 minutes a day and just a few short weeks, you'll feel the difference!
Level 1
one ball 44g,30 minutes per day , for 1-2 weeks.
Level 2
Vibrating ball 57 grams, 30 minutes a day, 2-3 weeks.
Level 3
Double balls 102 grams, 30 minutes a day, 1 month.

Level 3: Now you can move onto the double weight 102g for 30 minutes per day. 1 month.

Notes: There is no problem going back to an earlier level, or using the vibration weight outside with one of the other ones inside your vagina.

For stomach toning

Performing kegel exercises while doing crunches will activate your transverse abdominal muscle and pelvic floor, causing them to co-contract. Firstly this will firm up your lower abdominal giving you a more defined waistline and second, it will stop any damage to your pelvic floor muscles as you do your crunches.

As well as crunches, which are not for everyone, any kind of movement of your legs or exercise involving your core whilst holding your kegel weight inside will cause your abdominal muscles to tone up.

So, whether that be showering, walking around the house or some easy abdominal exercises like bicycle legs, or even some yoga positions like plank. These, along with your kegels will all help you get a flatter stomach.

For partner play

After just a few weeks using your kegels you should already find your vagina is tighter giving you and your partner a more pleasurable experience during sex. If you want to increase your sexual arousal, your kegels can help.

You can insert them as the first part of an intense round of foreplay. The longer the weights are in, the more aroused you'll be when it's time for the main event. Just make sure to pull your kegels out before your partner slides in.

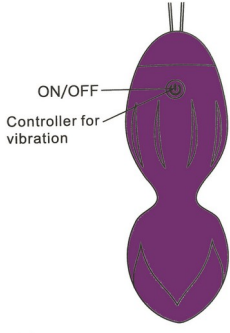
Kegel weights can also make butt play more pleasurable. Penetration from behind will push your kegel against your G-spot, sending intense sensations throughout your body.

Although tempting, you should never insert your kegel into your butt, they aren't made for this purpose and could cause discomfort. Toys specifically made for butt play like plugs and beads are available from our online store https://so-divine.com/

Vibrating kegel ball

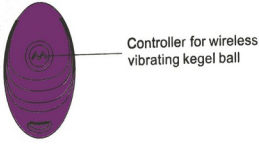
When your So Divine Kegel System is received, please charge your vibrating kegel ball at once. Refer to the charging guide later in this manual.

To switch on, press the on / off button on your vibrating kegel for 1.5 seconds to start the vibrations.



Press the on / off button on your vibrating kegel for a short time to cycle through the different vibration modes before insertion.

Press the on / off button on your vibrating kegel for 1.5 seconds to turn off the vibrations.

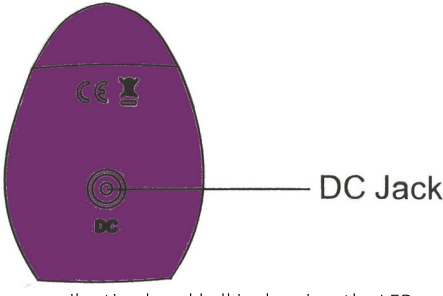


Pressing the button on the controller will also change the vibration mode whilst your vibrating kegel ball is inserted.

Charging Guide

Put the DC charging plug into the hole of your vibrating kegel ball to charge.

Insert the USB charging plug into a standard USB charging port.



When your vibrating kegel ball is charging, the LED will flash.

When the LED is solid, your vibrating kegel ball is charged and ready to use.

Whilst charging your vibrating kegel ball must be in a shutdown state, please ensure that it cannot be used whilst charging.

Are there any risks?

Although kegel weights are generally considered safe to use, there are few things you should keep in mind.

You should only squeeze for about 5 seconds at a time, with breaks of at least 5 seconds between. Squeezing for too long or without a break could over exert your vaginal muscles and cause a temporary strain.

You shouldn't keep your kegel weights inserted for more than four hours at a time. Any longer and you may begin to over-exert your pelvic floor muscles.

You should clean your kegel weights with soapy water before use. Using contaminated kegel weights can result in infection.

Discontinue use if you begin to experience severe pain or discomfort, unusual discharge or unusual odor. If these symptoms continue consult your gynaecologist.

Replace your kegels if you find that they are no longer smooth or you feel sharp edges.

Attention

Ensure your vibrating kegels are charged in a safe place, away from heat.

Use a water based lubricant. Massage oil or hand cream should not be used as lubricant.

After use, your kegels should be cleaned with warm water and soap. Please do not immerse your vibrating kegel in water, wash thoroughly with clean water flow. Air dry.

Store away from children and direct sunlight.

Your kegels contain a lithium battery, they will last a long time but please recycle appropriately at the end of their life.

Specification

- Material: IP65 food silicone.
- Max noise: <= 50dB.
- Battery: 300mAh lithium and 3v 2032 cell.
- Power: USB 5V 150mA DC charging.
- Charging time: approx 1.5 hours.
- Use time: approx 2 hours.